NOTE:
Please read all instructions carefully before using this product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Resistance Chart

How to Use

Warranty

Ordering Parts

Model
MWB CR 4

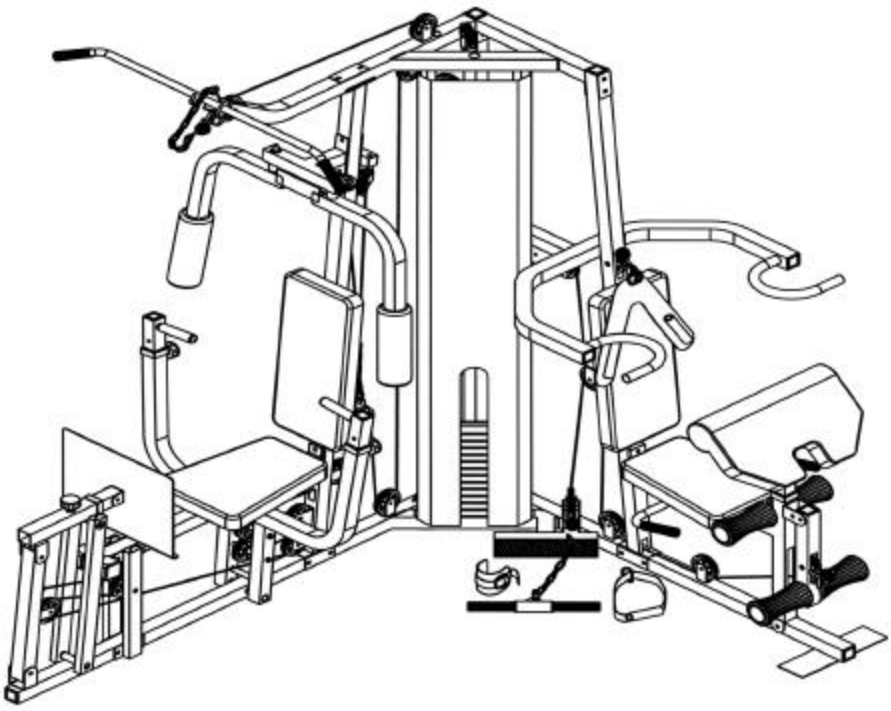
Retain This Manual for Reference

6-18-01

OWNER'S MANUAL

IMPEX
FITNESS PRODUCTS

MARCY CORNER GYM
CR 4



IMPEX FITNESS PRODUCTS
14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746
Tel: (800) 999-8899 Fax: (626) 961-9966
www.impex-fitness.com
info@impex-fitness.com

TABLE OF CONTENTS

BEFORE YOU BEGIN

Thank you for selecting the MARCY CR4 PERSONAL TRAINER by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOO-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number
1-800-999-8899
Mon. – Fri. 9 a.m. – 5 p.m. PST
www.impex-fitness.com
info@impex-fitness.com

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

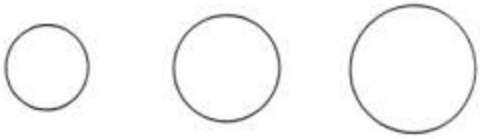
SAVE THESE INSTRUCTIONS.

HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

MILLIMETERS

INCHES



REPLACEMENT PARTS

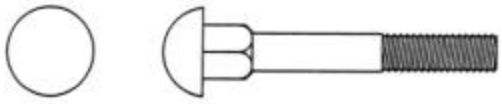
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

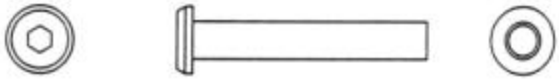
1-800-999-8899

NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.

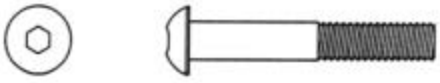
HEX HEAD BOLT



CARRIAGE BOLT



HEX SOCKET AXLE



ALLEN BOLT

HEX SOCKET SCREW

AIRCRAFT NUT

FLAT WASHER

ASSEMBLY INSTRUCTION

Tools Required to Assemble the Machine: Two Adjustable Wrenches and Allen Wrenches
NOTE: It is strongly recommended this machine be assembled by two or more people to avoid possible injury.

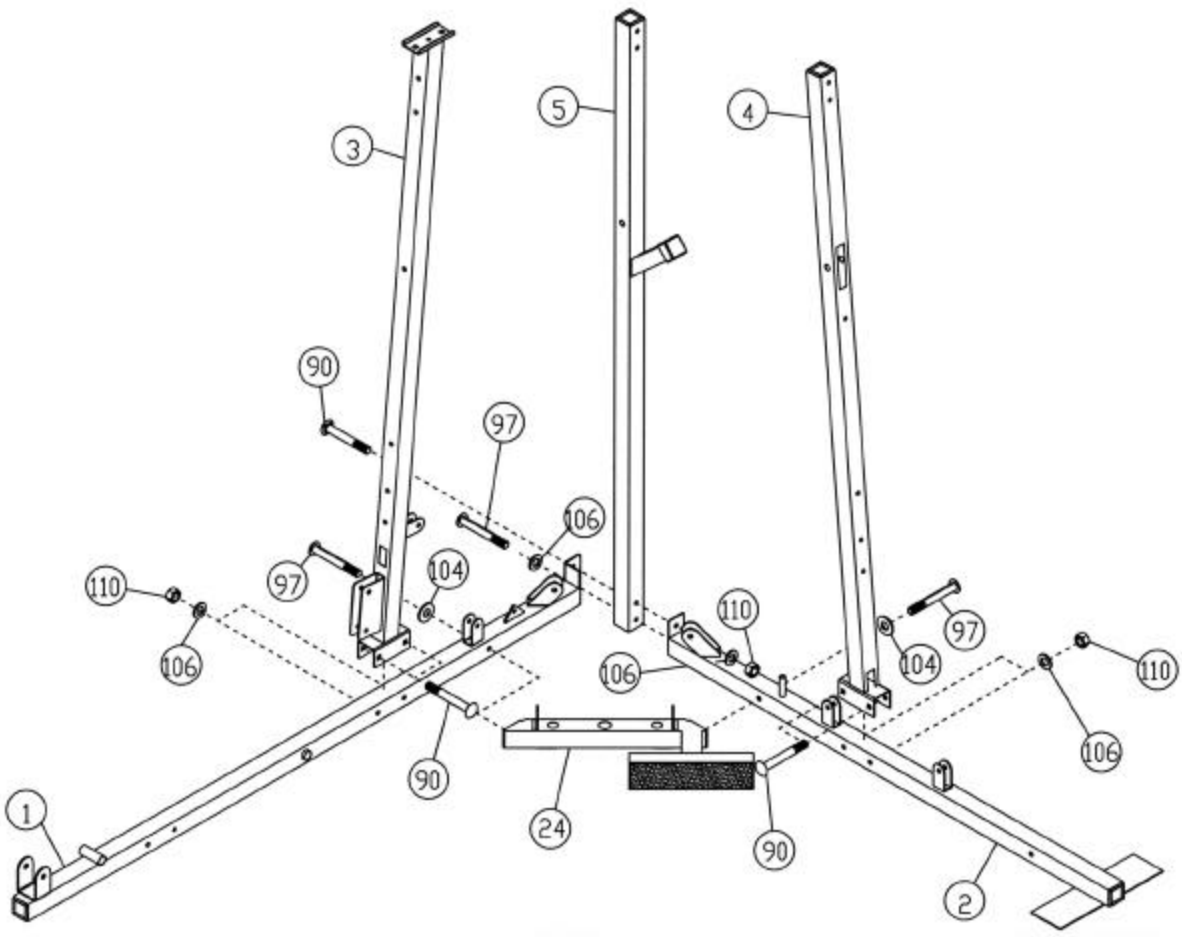
STEP 1 (See Diagram 1)

A.) Place the Right Base Frame (#1) and Left Base Frame (#2) on the floor, at a right angle to each other. Attach the Rear Vertical Beam (#5) to the joint and align the holes. Secure the top hole with a M10 x 2 ¾Carriage Bolt (#90), ∅3/4" Washer (#106) and M10 Aircraft Nut (#110). Secure the bottom hole with a M10 x 2 ½Allen Bolt (#97) and ∅ ¾Washer (#106). DO NOT tighten all the nuts and bolts yet.

B.) Attach the Guide Rod Base (#24) diagonally to the two Base Frames. Secure it with a M10 x 2 ½ Allen Bolt (#97) and ∅1 ¼ Washer (#104) on each side on the Base.

C.) Attach the Right Vertical Beam (#3) to the Right Base Frame (#1). Secure it with two M10 x 2 ¾ Carriage Bolts (#90), ∅3/4" Washers (#106), and M10 Aircraft Nuts (#110). Repeat the same procedure to install the Left Vertical Beam (#4).

Diagram 1



STEP 2 (See Diagram 2)

A.) Attach the Right Upper Frame (#6) to the top of the Right Vertical Beam (#3). Secure it with two M10 x 2 ¾Carriage Bolts (#90), one 4 ¾x 2" Bracket (#38), two ∅3/4" Washers (#106), and two M10 Aircraft Nuts (#110).

B.) Attach the Left Upper Frame (#7) to the Left Vertical Beam (#4). Secure it with one M10 x 2 ½ Allen Bolt (#97), ∅ ¾Washer (#106), and 4" x 2" Bracket (#39) into the upper hole. Secure the bottom hole with one M10 x 2 ¾Carriage Bolt (#90), ∅ ¾Washer (#106), and M10 Aircraft Nut (#110).

C.) Attach both Left and Right Upper Frame (#7) & (#6) to the Rear Vertical Beam (#5). Secure it with a M10 x 2 ½Allen Bolt (#97) and ∅ ¾Washer (#106) to the upper hole. Secure the bottom hole with a M10 x 2 ¾Carriage Bolt (#90), ∅ ¾Washer (#106) and M10 Aircraft Nut (#110).

D.) Align two Rubber Bumpers (#63) to the holes on the Guide Rod Base (#24). Push two Guide Rods (#31) into the holes. Slide the Selector Stem (#44) onto the Guide Rods. Slide the Selector Stem over the Selector Rod (#43). Please note this machine comes with 14 plates. You can purchase another 5 more plates in the future to increase the weights. For now, drop the Selector Stem down on the Selector Rod so there are 14 grooves underneath it. Secure it with a M10 x 1 ¾ Allen Bolt (#98). DO NOT install the plates yet.

E.) Place the Top Socket Assembly (#25) over the top of the two Guide Rods. Secure it with two M6 x 5/8" Allen Bolts (#103).

F.) Secure the Top Socket Assembly (#25) to both Upper Frames (#6) & (#7) with a M10 x 2 ½Allen Bolt (#97) and ∅1 ¼" Washer (#104) on each side.

G.) Securely tighten all nuts and bolts previously installed.

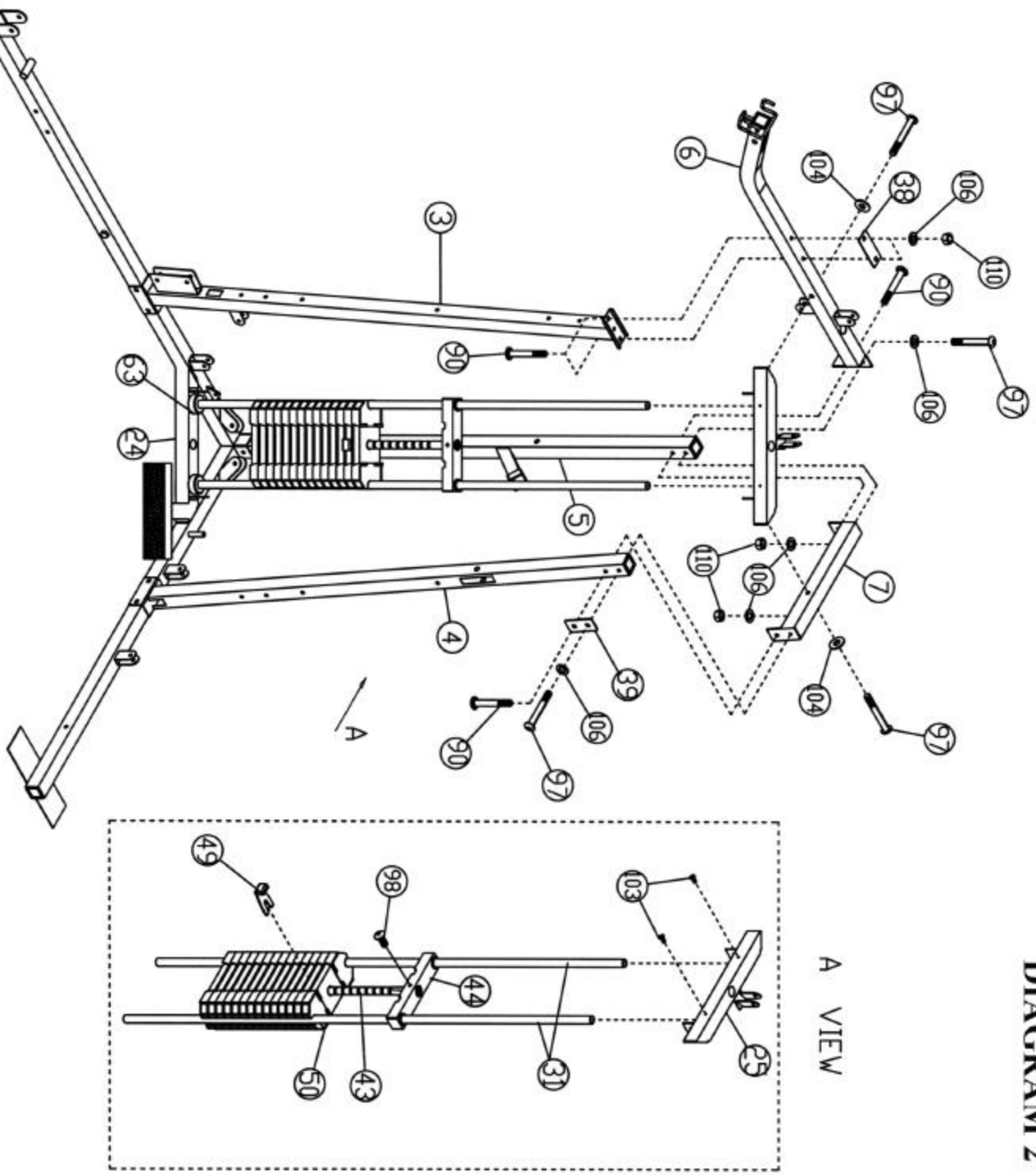


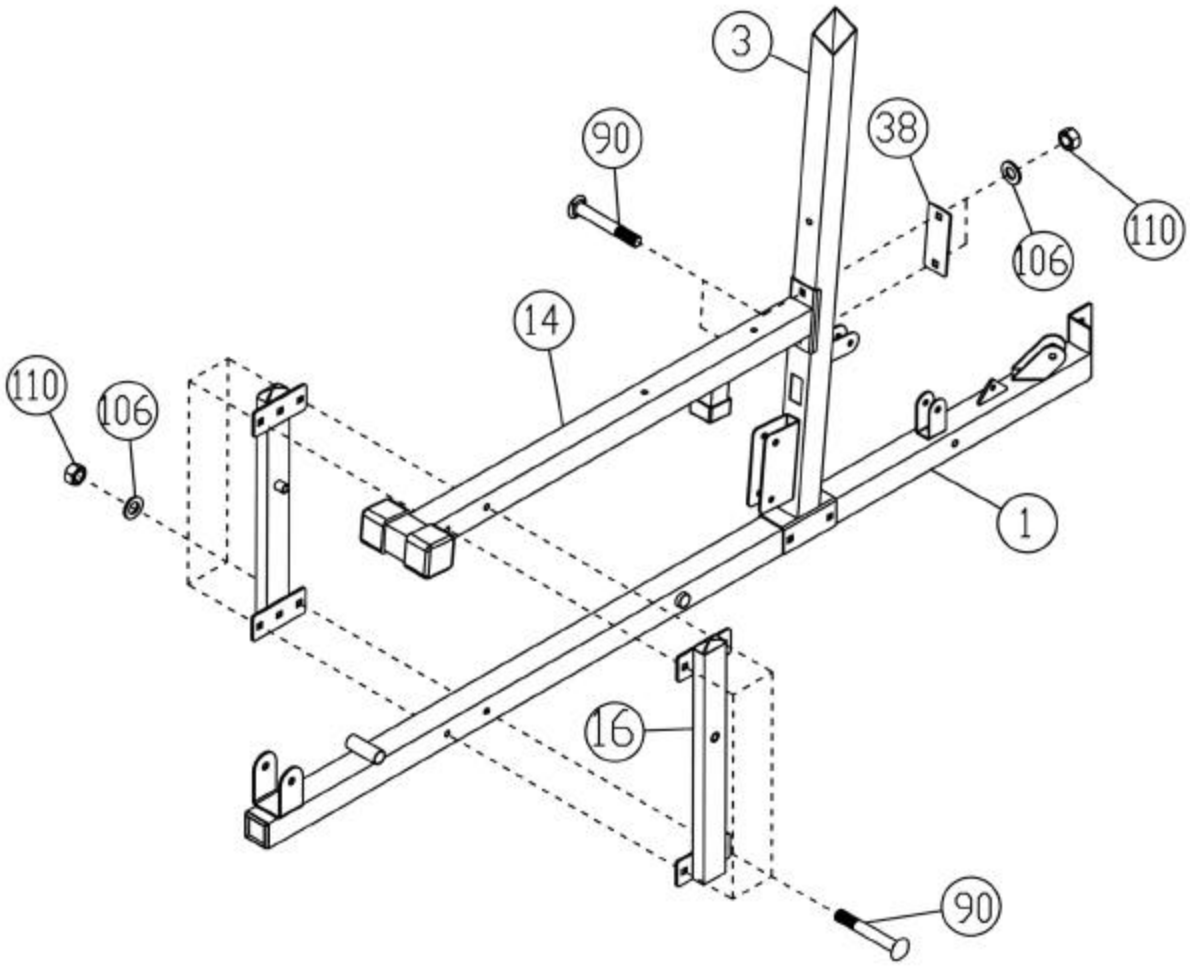
DIAGRAM 2

STEP 3 (See Diagram 3)

A.) Attach the Seat Support Frame (#14) to the Right Vertical Beam (#3). Secure it with two M10 x 2 ¾Carriage Bolts (#90), one 4 ¾x 2" Bracket (#38), two ∅ ¾Washers (#106) and two M10 Aircraft Nuts (#110).

B.) Attach two Vertical Supports (#16) to the front of the Seat Support (#14). Secure them with two M10 x 2 ¾Carriage Bolts (#90), ∅ ¾Washers (#106), and M10 Aircraft Nuts (#110).

DIAGRAM 3



STEP 4 (See Diagram 4)

A.) Attach four ∅1" x ½Bushings (#55) to the Leg Press Pivot Arm (#18). Attach the Pivot Arm to the bracket on the Right Base Frame (#1). Secure it with one M12 x 3 1/8" Hex Head Bolt (#91), two ∅ 1" Washers (#105), and one M12 Aircraft Nut (#109).

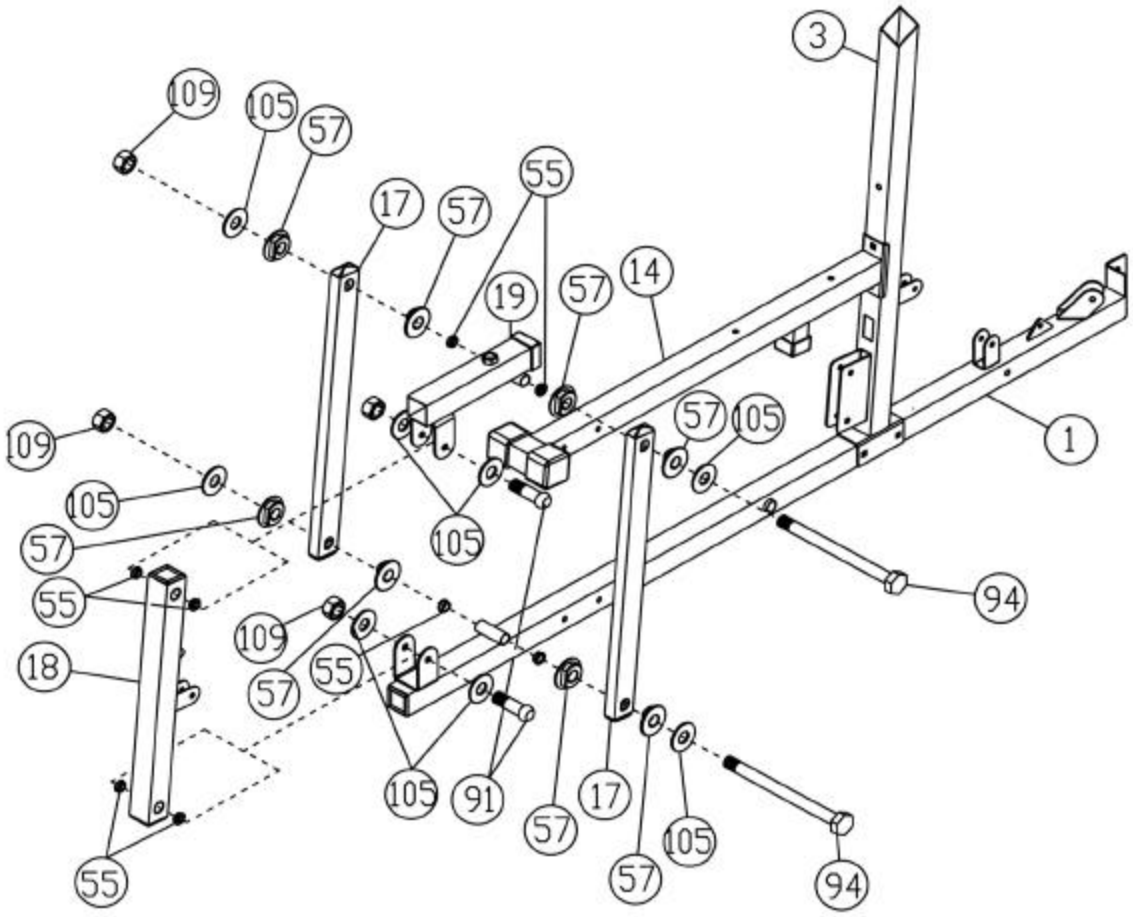
B.) Attach two ∅1"x1/2" Bushings (#55) to the tube on the Leg Press Frame (#19). Attach the Leg Press Frame (#19) to the top of the Pivot Arm (#18). Secure it with one M12 x 3 1/8" Hex Head Bolt (#91), two ∅ 1" Washers (#105), and one M12 Aircraft Nut (#109).

C.) Attach two ∅1"x1/2" Bushings (#55) to the pivot tube on the Right Base Frame (#1).

D.) Attach four D-Shaped Bushings (#57) to the top and bottom holes on the Leg Press Crank (#17). Repeat for the other Crank. Attach the two Cranks to the pivot tube on the Right Base Frame (#1). Secure them with a M12 x 5 11/16" Bolt (#94), two ∅1" Washers (#105), and one M12 Aircraft Nut (#109).

E.) Repeat the same procedure D above to install the Cranks to the Leg Press Frame (#19).

DIAGRAM 4



STEP 5 (See Diagram 5)

A.) Insert the Chromed Adjustment Tube (#20) into the Leg Press Frame (#19). Secure it with a Quick Release Pin (#62).

B.) Attach the Foot Plate (#21) to the Chromed Tube (#20) and secure it with a L-Shaped Pin (#112).

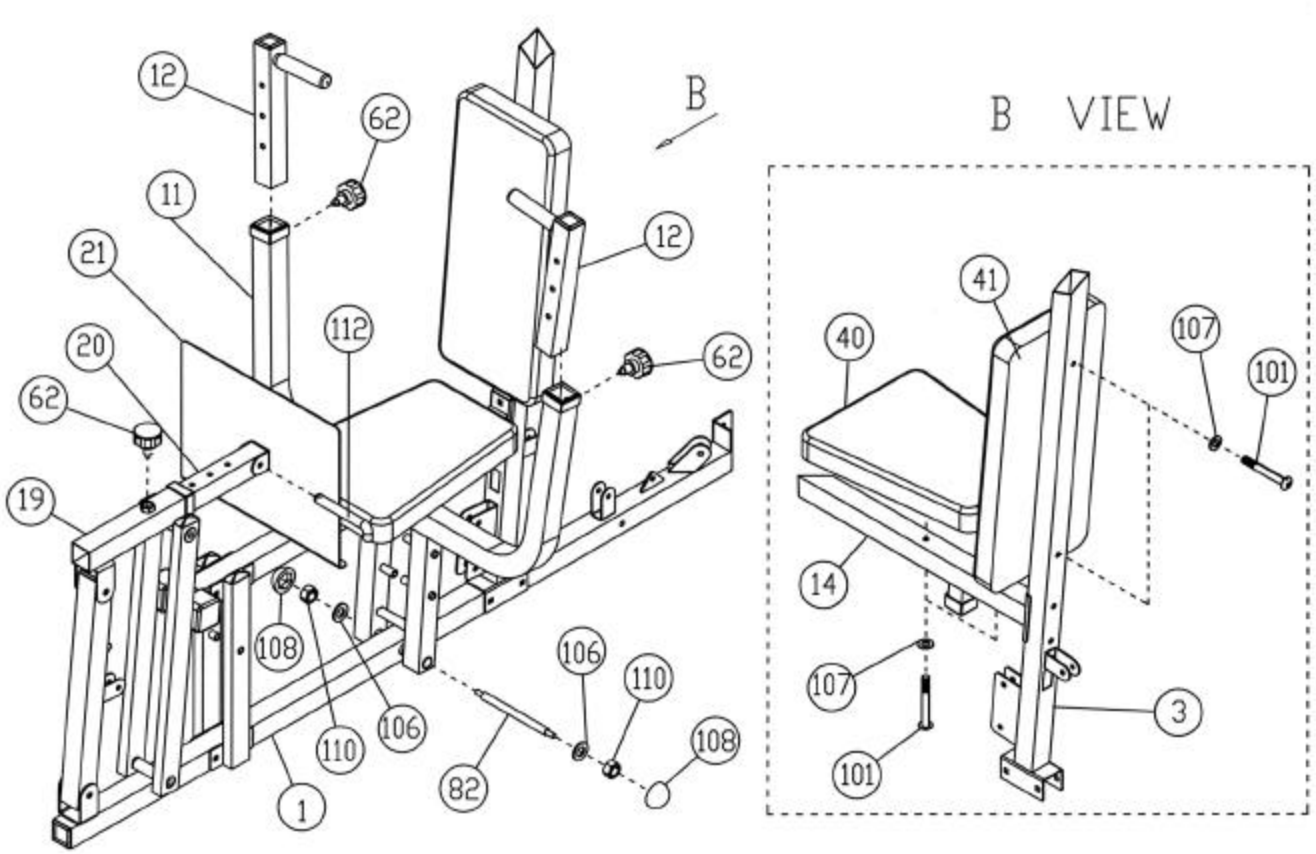
C.) Attach the Bench Press Frame (#11) to the pivot tube on the Right Base Frame (#1). Insert a M10 x 8 5/8" Axle (#82) through the holes. Secure it with two ∅ ¾Washers (#106) and M10 Aircraft Nuts (#110) on both sides. Close the ends with two Round Caps (#108).

D.) Attach two Bench Press Handles (#12) to the Bench Press Frame (#11). Secure them with two Quick Release Pins (#62).

E.) Attach the Seat (#40) to the Seat Support Frame (#14). Secure it with two ∅5/8" Washers (#107) and M8 x 2 ½Allen Bolts (#101).

F.) Attach the Backrest Board (#41) to the Right Vertical Beam (#3). Secure it with two ∅ 5/8" Washers (#107) and M8 x 2 ½Allen Bolts (#101).

DIAGRAM 5



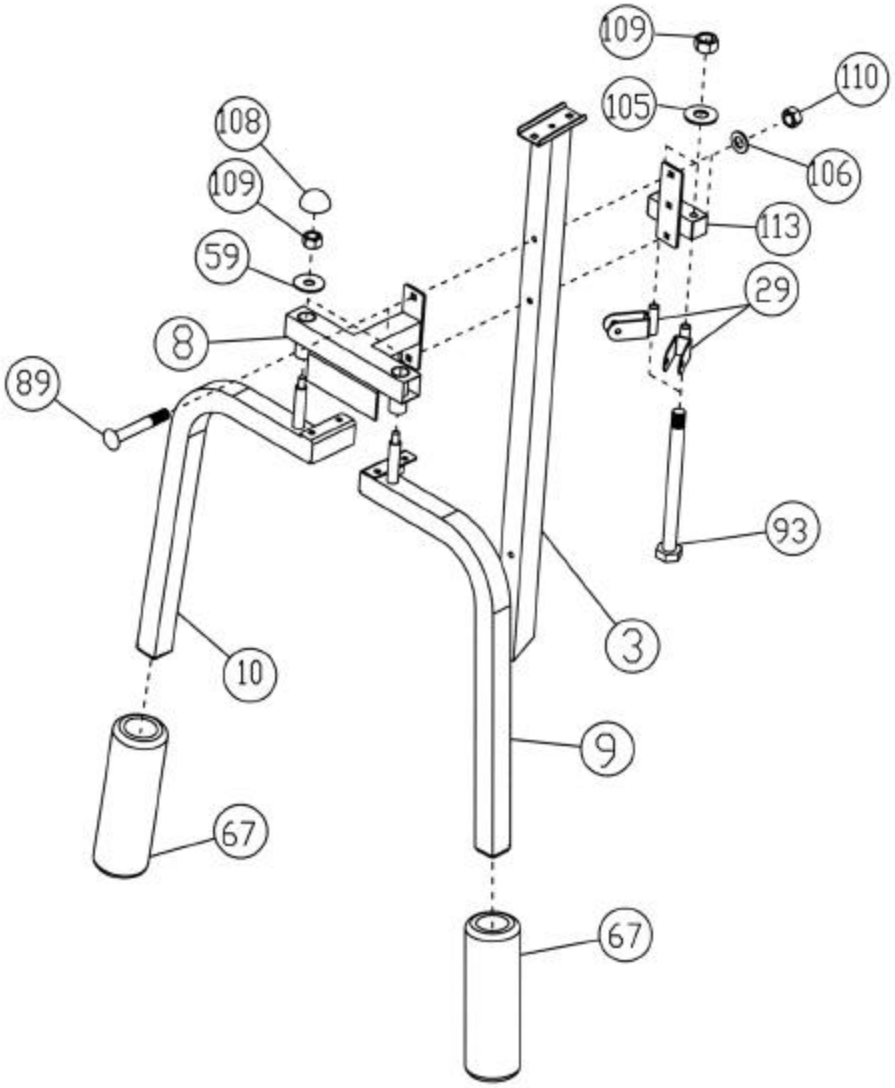
STEP 6 (See Diagram 6)

A.) Attach the Butterfly Support Frame (#8) to the front of the Right Vertical Beam (#3). Attach the Butterfly Pulley Support (#113) to the back of the Right Vertical Beam (#3). Secure them with two M10 x 3" Carriage Bolts (#89), ∅ ¾Washers (#106), and M10 Aircraft Nuts (#110).

B.) Insert the axle on the Right Butterfly (#10) into the hole on the Butterfly Support Frame (#8) from the bottom up. Secure it with a ∅1 ½Washer (#59) and M12 Aircraft Nut (#109). Close the end with a Round Cap (#108). Slide the Butterfly Foam (#67) onto the Arm. Repeat the same procedure to install the Left Butterfly (#9).

C.) Attach a Butterfly Pulley Bracket (#29) to the bottom of the Butterfly Pulley Support (#113). Secure it with a M12 x 4 5/16" Bolt (#93), ∅1" Washer (#105), and M12 Aircraft Nut (#109). Repeat to install another Bracket.

DIAGRAM 6



STEP 7 (See Diagram 7)

A.) Attach the Leg Developer Frame (#15) to the Left Vertical Beam (#4). Secure it with two M10 x 2 ¾Carriage Bolts (#90), one 4 ¾x 2" Bracket (#38), two ∅ ¾Washers (#106), and two M10 Aircraft Nuts (#110).

B.) Attach the Leg Developer Frame (#15) to the Left Base Frame (#2). Secure it with a M10 x 2 ¾ Carriage Bolt (#90), ∅ ¾Washer (#106), and M10 Aircraft Nut (#110).

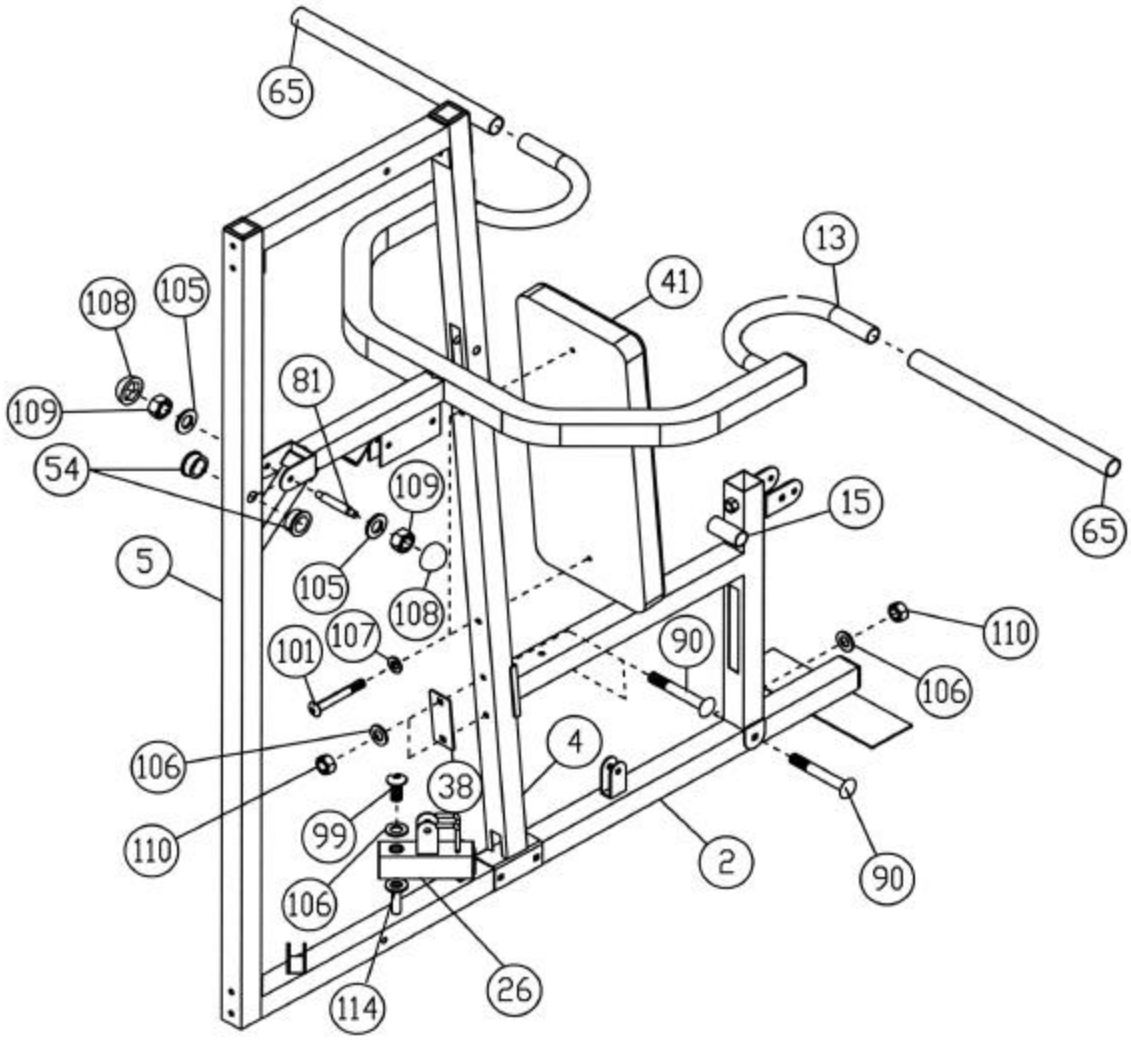
C.) Place a ∅1 ½Ring (#114) onto the pivot axle on the Left Base Frame (#2). Then slide the Swivel Frame (#26) onto the axle. Secure it with a ∅ ¾Washer (#106) and M10 x 1" Allen Bolt (#99).

D.) Attach the Backrest Board (#41) to the Left Vertical Beam (#4). Secure it with two ∅5/8" Washers (#107) and M8 x 2 ½Allen Bolts (#101).

E.) Attach two ∅1" x 5/8" Bushings (#54) to the holes on the Rear Vertical Beam (#5). Attach the Vertical Press Frame (#13) to the holes. Insert a M12 x 3 ¾Axle (#81) through the holes. Secure it with two ∅1" Washers (#105) and M12 Aircraft Nuts (#109). Close the ends with two Round Caps (#108).

F.) Lubricate the inside of the two Foam Grips (#65) with water. Slide them onto the Vertical Press Frame (#13).

DIAGRAM 7



STEP 8 (See Diagram 8)

A.) Attach the Seat (#40) to the Leg Developer Frame (#15). Secure it with two ∅5/8" Washers (#107) and M8 x 2 ½Allen Bolts (#101).

B.) Attach both Left Handlebar (#32) and Right Handlebar (#33) to the Leg Developer Frame (#15) underneath the Seat (#40). Secure them with two M10 x 2 ¾Carriage Bolts (#90), ∅ ¾Washers (#106), and M10 Aircraft Nuts (#110).

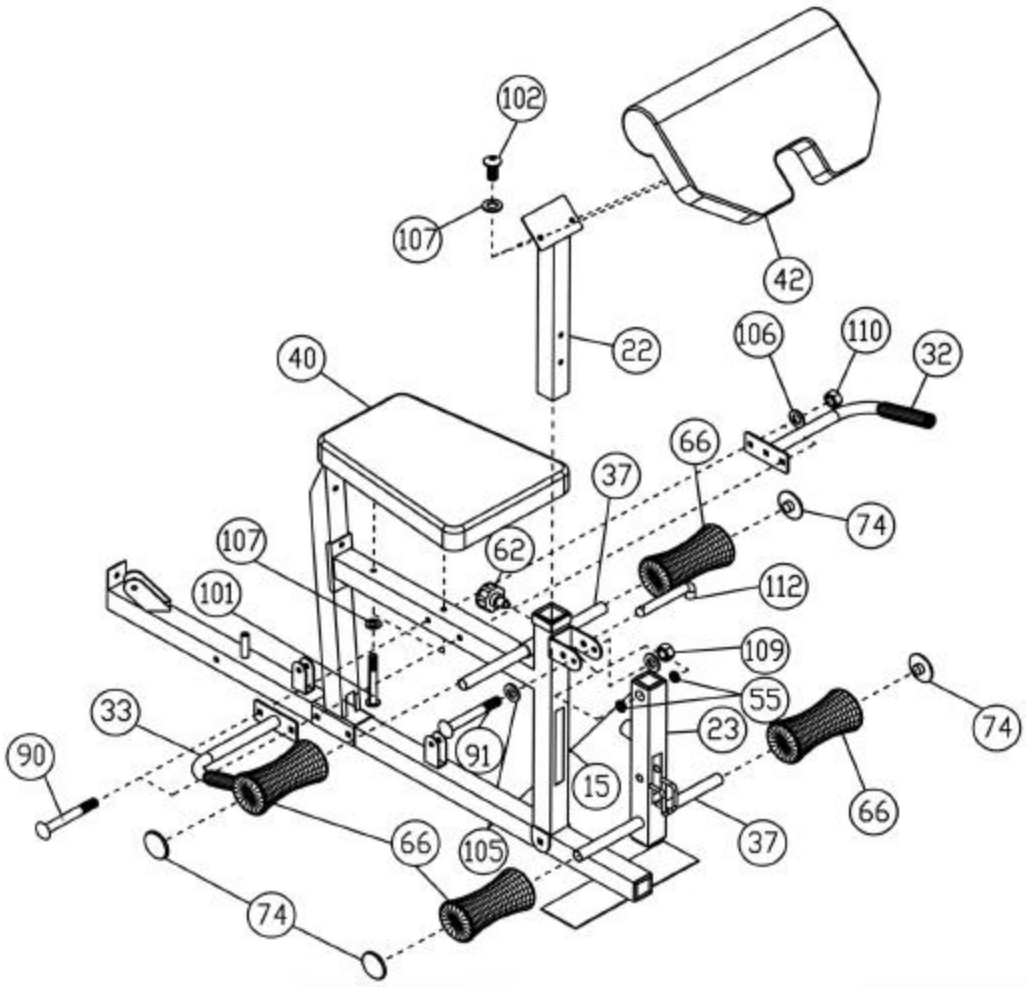
C.) Attach two ∅1" x ½Bushings (#55) to the Leg Developer (#23). Attach the Leg Developer to the bracket on the Leg Developer Frame (#15). Secure it with one M12 x 3 1/8" Hex Head Bolt (#91), two ∅ 1" Washers (#105), and one M12 Aircraft Nut (#105).

D.) Insert two Foam Roll Tubes (#37) halfway through the holes on the Leg Developer (#23) and Leg Developer Frame (#15). Push four Foam Rolls (#66) onto the tubes from both sides. Close the ends with four 2" Round End Caps (#74). Insert a L-Shaped Pin (#112) into the hole on the bracket on the Leg Developer Frame (#15) to lock the Leg Developer (#23) in place. Remove the Pin when using.

E.) Attach the Arm Curl Pad (#42) to the Arm Curl Stand (#22). Secure it with two ∅5/8" Washers (#107) and M8 x 5/8" Allen Bolts (#102).

F.) Insert the Arm Curl Stand (#22) into the opening on the Leg Developer Frame (#15). Secure it with a Quick Release Pin (#62).

DIAGRAM 8



STEP 9 (See Diagram 9 & 15)

A.) Attach a Pulley (#58) to the bracket on the Right Butterfly Arm (#10). Secure it with one M10 x 1 ¾ Allen Bolt (#98), two ∅ ¾Washers (#106), and one M10 Aircraft Nut (#110). Repeat to install another Pulley to the other side.

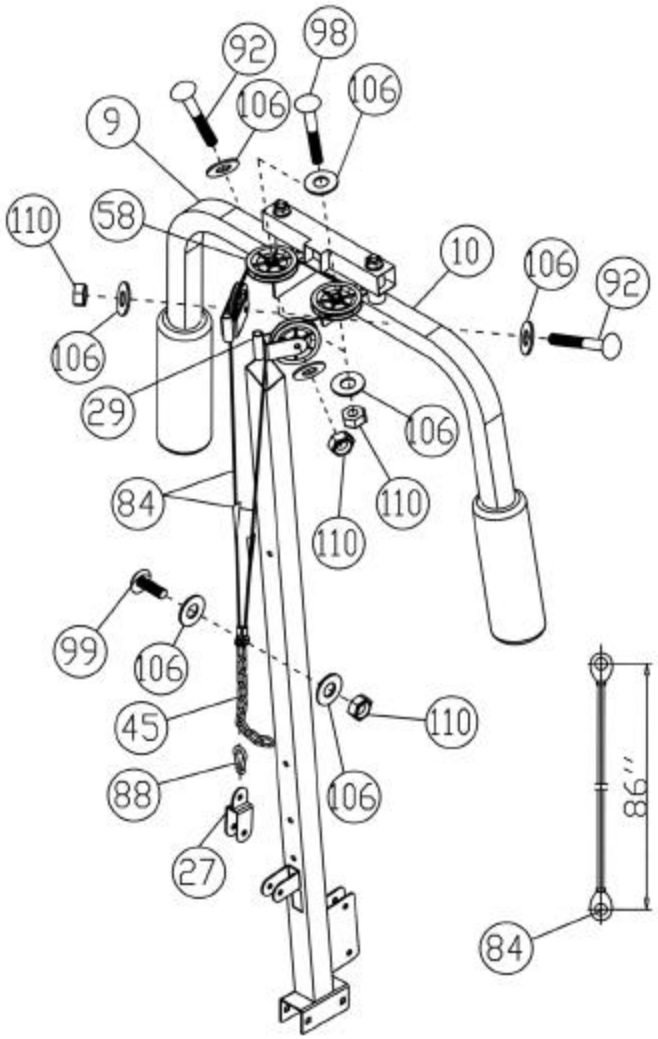
B.) Attach one end of the 86" Butterfly Cable (#84) to the Right Butterfly Pulley Bracket (#29). Install a Pulley (#58) to the Bracket and secure it with a M10 x 1 ¾Hex Head Bolt (#92), two ∅ ¾Washers (#106), and a M10 Aircraft Nut (#110).

C.) Draw the Cable over the Pulley on the Right Butterfly Arm (#10). Then draw the Cable to the other Pulley on the Left Butterfly Arm (#9). Continue drawing the Cable to the Left Butterfly Pulley Bracket (#29). Install a Pulley following Step B above.

D.) Pull both ends of the Cable (#84) downward until they come together. Attach a Short Chain (#45) in between the ends. Secure them with one M10 x 1" Allen Bolt (#99), two ∅ ¾Washers (#106), and one M10 Aircraft Nut (#110).

E.) Attach a Single Floating Pulley Bracket (#27) to the end of the Chain (#45) using a Clip (#88). Let the Chain hanging for now. NOTE: After completing the whole set up, check the cable loop system. If the cable loop is too loose, shorten this Chain (#45).

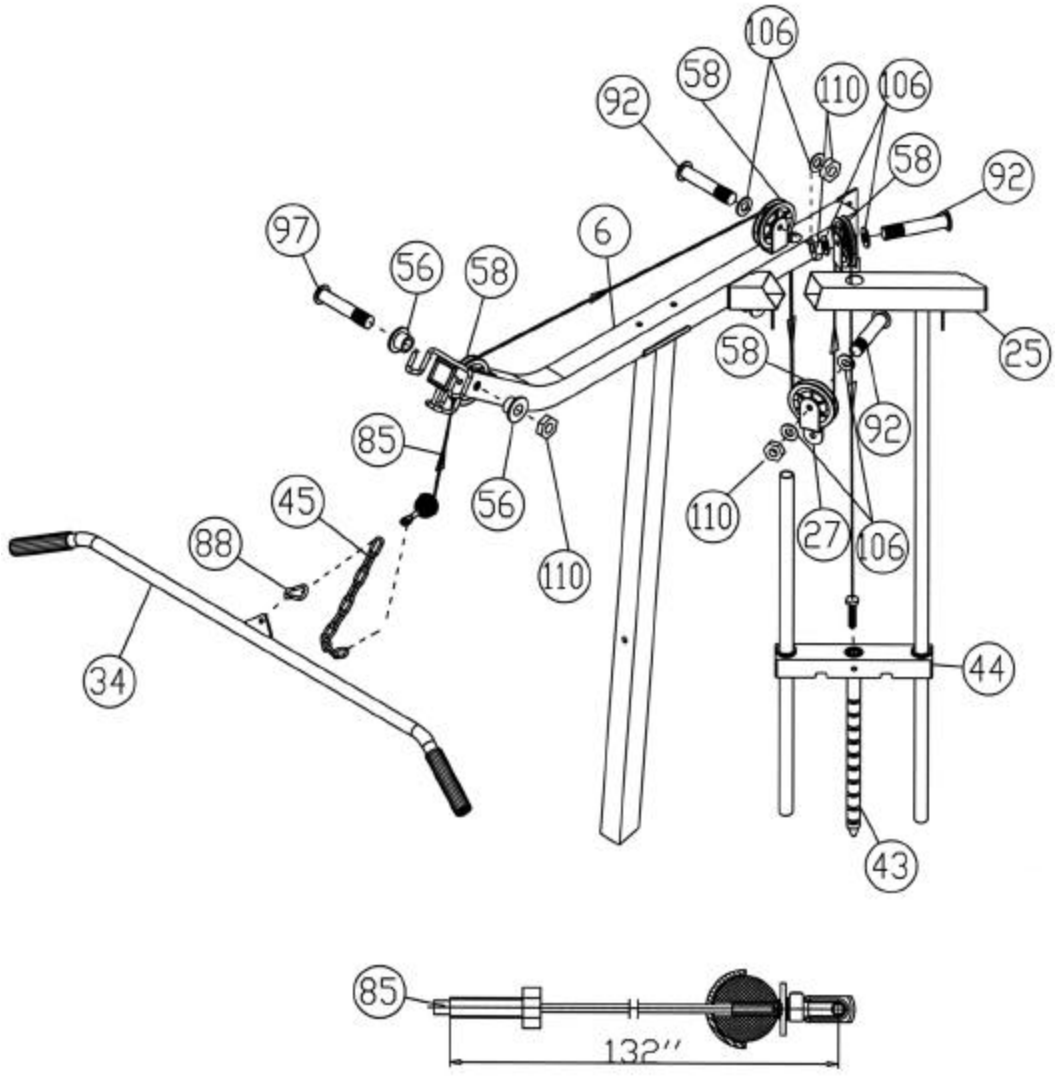
DIAGRAM 9



STEP 10 (See Diagram 10 & 15)

A.) Attach the Ball-end of the 132" Upper Cable (#85) to the Right Upper Frame (#6). Install a Pulley (#58). Push two Bushings (#56) into the holes from both sides. Secure it with one M10 x 2 ½ Allen Bolt (#97) and M10 Aircraft Nut (#110).
B.) Draw the Cable towards the back of the machine along the top of the Right Upper Frame (#6). Install another Pulley (#58) using one M10 x 1 ¾Hex Head Bolt (#92), two ∅ ¾Washers (#106), and one M10 Aircraft Nut (#110).
C.) Draw the Cable downward through the Frame and install a Pulley to a Single Floating Bracket (#27). Secure it with one M10 x 1 ¾Hex Head Bolt (#92), two ∅ ¾Washers (#106), and one M10 Aircraft Nut (#110). Let the Bracket hanging for now.
D.) Draw the Cable upward towards the top of the Top Socket Assembly (#25). Install another Pulley.
E.) Continue drawing the Cable over the Pulley downward through the hole on Top Socket Assembly (#25). Thread the end of the Cable into the Selector Rod (#43).

DIAGRAM 10



STEP 11 (See Diagram 11 & 15)

A.) Attach one end of the 327 ½Leg Press Cable (#83) to the bracket on the Leg Press Pivot Arm (#18). (See C View) Secure it with one M10 x 1" Allen Bolt (#99), two ∅ ¾Washers (#106), and one M10 Aircraft Nut (#110). **NOTE:** Do not over tighten this bolt. Make sure the head of the cable can swivel on the bolt.

B.) Draw the Cable to the Vertical Supports (#16). Install a Pulley (#58). Secure it with one M10 x 5" Allen Bolt (#96), two ∅ ¾Washers (#106), and one M10 Aircraft Nut (#110). Draw the Cable over this Pulley back to the Leg Press Pivot Arm (#18). Install another Pulley using one M10 x 1 ¾ Hex Head Bolt (#92), two ∅ ¾Washers (#106), and one M10 Aircraft Nut (#110).

C.) Draw the Cable towards back of the machine to the bottom of the Right Vertical Beam (#3). Install a Pulley (#58) using one M10 x 1 ¾Hex Head Bolt (#92), two ∅ ¾Washers (#106), and one M10 Aircraft Nut (#110). (See D View)

D.) Draw the Cable over the Pulley back to the Bench Press Frame (#11). Install a Pulley with one M10 x 8 ½Axle (#95), two ∅ ¾Washers (#106), and two M10 Aircraft Nuts (#110).

E.) Draw the Cable back to the Right Vertical Beam (#3). Install a Pulley. (See D View).

F.) Draw the Cable to the Bench Press Frame (#11) and install another Pulley.

G.) Draw the Cable back to the Right Vertical Beam (#3) through the hole to the back of the Beam. Install another Pulley.

H.) Draw the Cable upward to the Single Floating Pulley Bracket (#27) previously installed in STEP 9E. Install another Pulley.

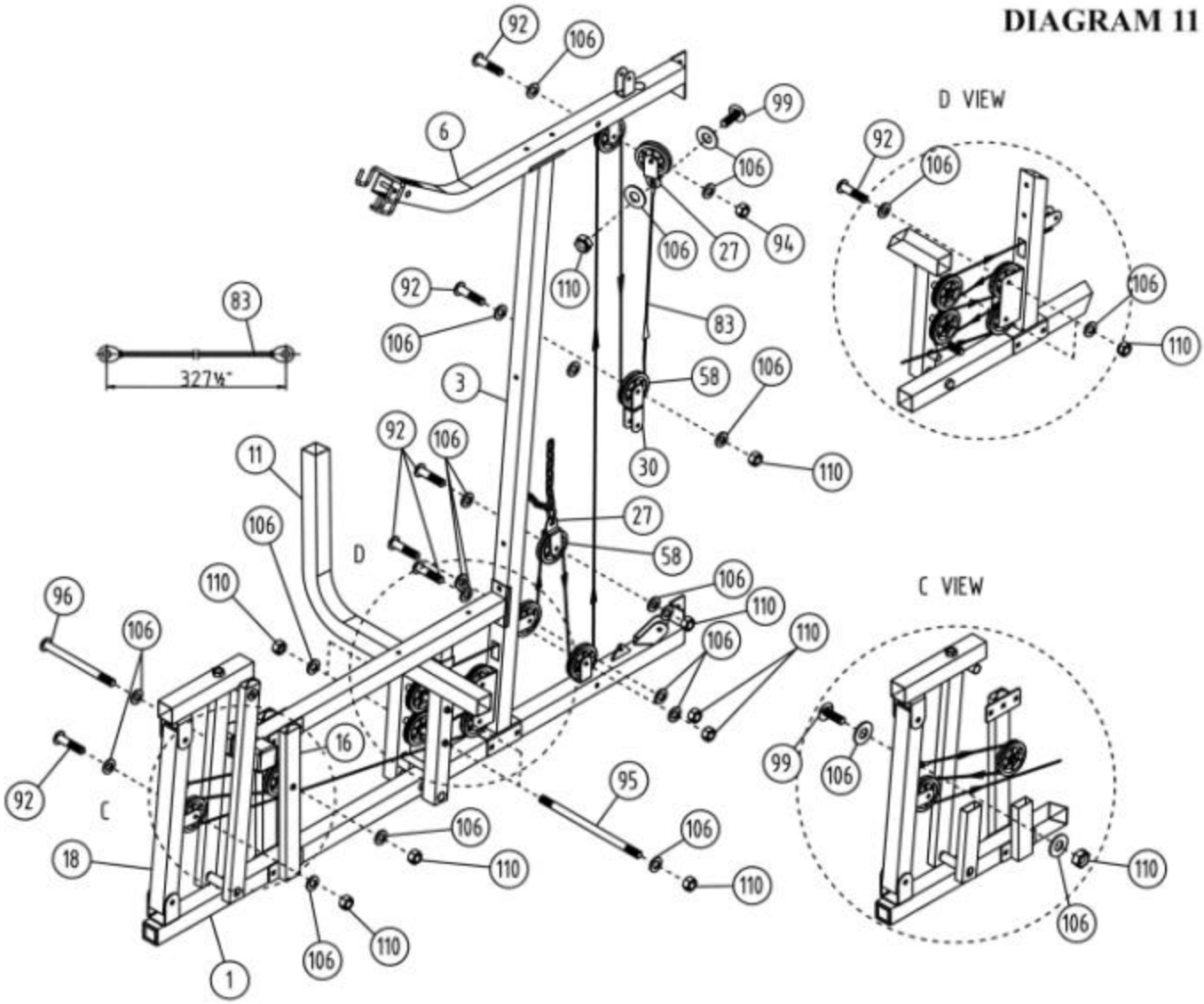
I.) Draw the Cable over the Pulley downward to the bracket on the Right Base Frame (#1). Install another Pulley.

J.) Draw the Cable all the way up to the bottom of the Right Upper Frame (#6). Install another Pulley.

K.) Then draw the Cable downward to install a Pulley to a Double Floating Pulley Bracket (#30). Let the Bracket hanging for now.

L.) Finally draw the Cable upward to the Single Floating Pulley Bracket (#27) previously installed in STEP 10C. Secure the end of the Cable to the Bracket with one M10 x 1" Allen Bolt (#99), two ∅ ¾Washers (#106), and one M10 Aircraft Nut (#110).

DIAGRAM 11



STEP 12 (See Diagram 12 & 15)

A.) Attach the Ball-end of the 158" Ab Cable (#86) to the opening on the Left Vertical Beam (#4). Install a Pulley (#58). Push two Bushings (#56) from both sides of the Beam. Secure it with a M10 x 2 ½Allen Bolt (#97) and M10 Aircraft Nut (#110).

B.) Draw the Cable over the Pulley downward and install another Pulley to a Double Floating Pulley Bracket (#30). Secure it with one M10 x 1 ¾Hex Head Bolt (#92), two ∅ ¾Washers (#106), and one M10 Aircraft Nut (#110). Let the Bracket hanging for now.

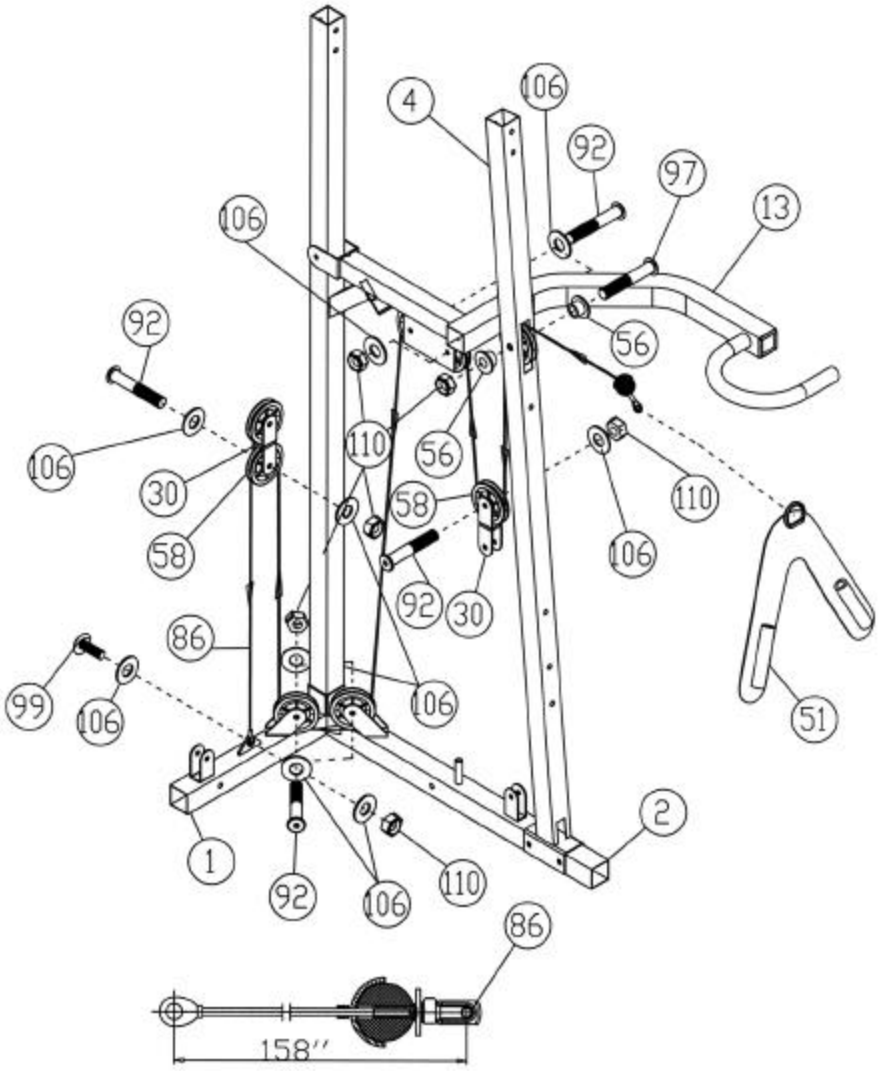
C.) Draw the Cable upward to the bottom of the Vertical Press Frame (#13). Install two Pulleys. Draw the Cable over the two Pulleys then downward to the bracket on the Left Base Frame (#2). Install another Pulley.

D.) Draw the Cable across to the bracket on the Right Base Frame (#1). Install a Pulley.

E.) Draw the Cable upward to the Double Floating Pulley Bracket (#30) previously installed in STEP 11K. Install another Pulley to the Bracket.

F.) Finally draw the Cable over the Pulley downward to the Right Base Frame (#1). Secure the end of Cable to the Frame with a M10 x 1" Allen Bolt (#99), two ∅ ¾Washers (#106), and one M10 Aircraft Nut (#110).

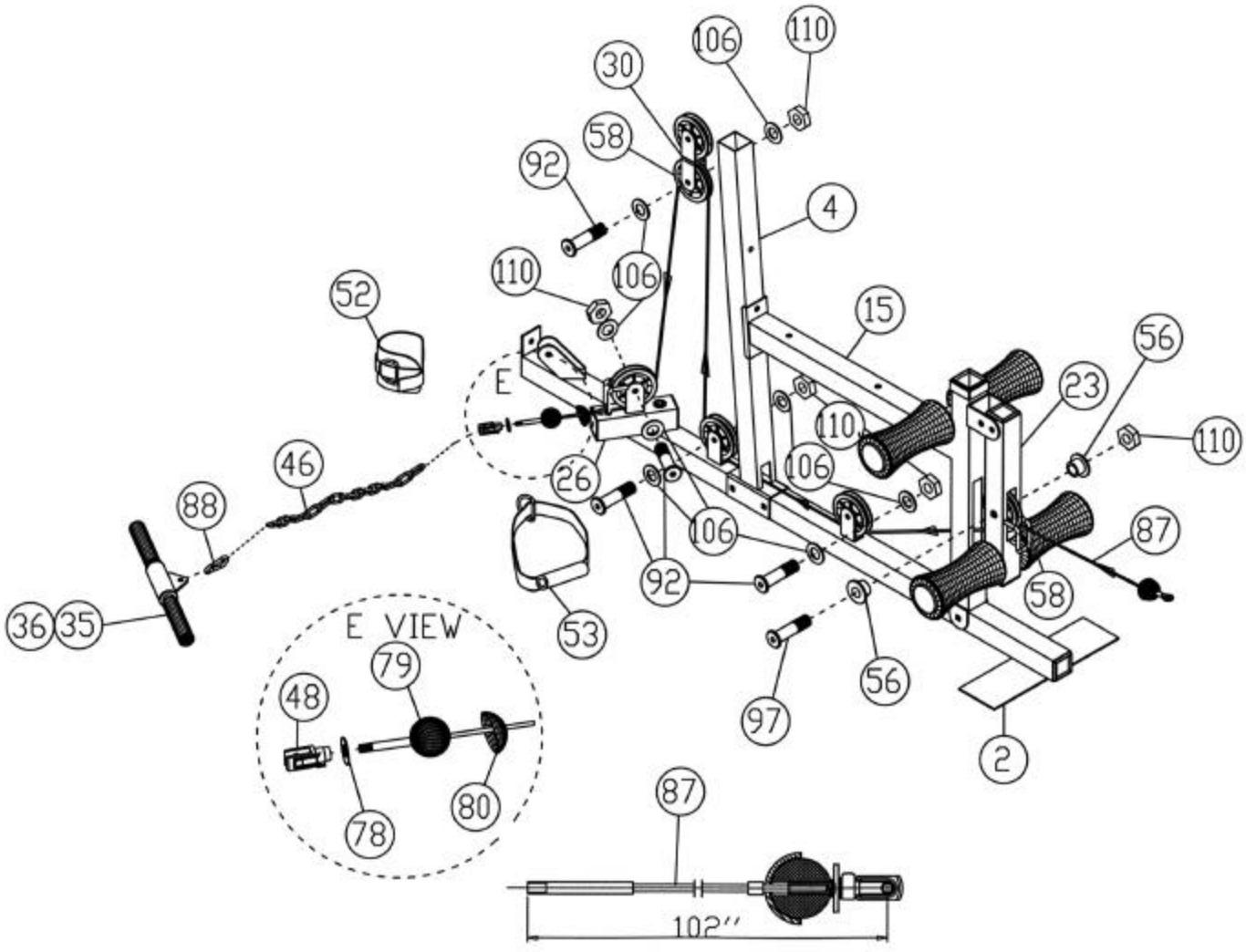
DIAGRAM 12



STEP 13 (See Diagram 13 & 15)

A.) Attach the Ball-end of the 102" Leg Curl Cable (#87) to the opening on the Leg Developer (#23). Install a Pulley (#58) to the opening. Attach two Bushings (#56) to the holes on the Leg Developer. Secure it with a M10 x 2 ½Allen Bolt (#97) and M10 Aircraft Nut (#110).
B.) Pull the Cable through the openings to the bracket on the Left Base Frame (#2). Install a Pulley. Secure it with a M10 x 1 ¾Hex Head Bolt (#92), two ∅ ¾Washers (#106), and one M10 Aircraft Nut (#110).
C.) Continue drawing the cable through the opening on the bottom of the Left Vertical Beam (#4). Install another Pulley.
D.) Draw the Cable upward to the Double Floating Pulley Bracket (#30) previously installed in STEP 12B. Install another Pulley.
E.) Pull the Cable downward to the Swivel Frame (#26). Install another Pulley.
F.) Slide a Ring Cap (#80), Rubber Ball (#79) and ∅7/8" Washer (#78) onto the end of the Cable. Screw a Connector (#48) onto the Cable. See E View.

DIAGRAM 13



STEP 14 (See Diagram 14 & 15)

A.) Tighten all the nuts and bolts previously installed.
B.) Before putting the Weight Plates on, now move the machine to the corner of the room or place where you will use the machine.
C.) Lift up the Selector Rod and install the Weight Plates. To install the plates, hold the plate at an angle and place between the two guide rods then drop it down. Make sure the grooves on the plastic covers all face up. See diagram below. It is strongly recommended to spay some lubricant such as WD-40 on the two guide rods to minimize friction.
D.) Check the tightness of the cable loop. If the loop is too loose, shorten the chain installed in STEP 9E.
E.) Attach the Weight Stack Cover (#28) to the machine and secure it with four ∅3/4" Washers (#106) and M10 x ½Allen Bolts (#100).

DIAGRAM 14

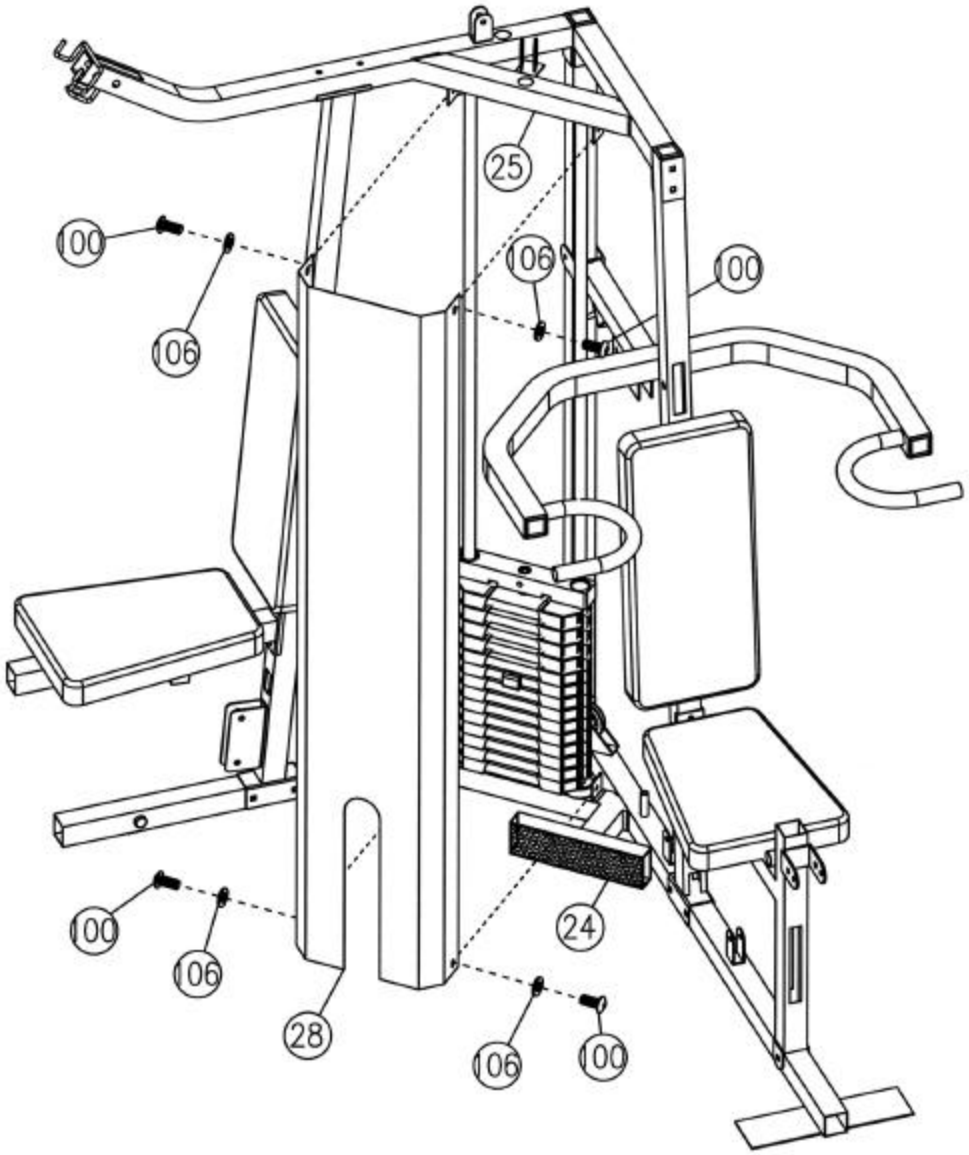
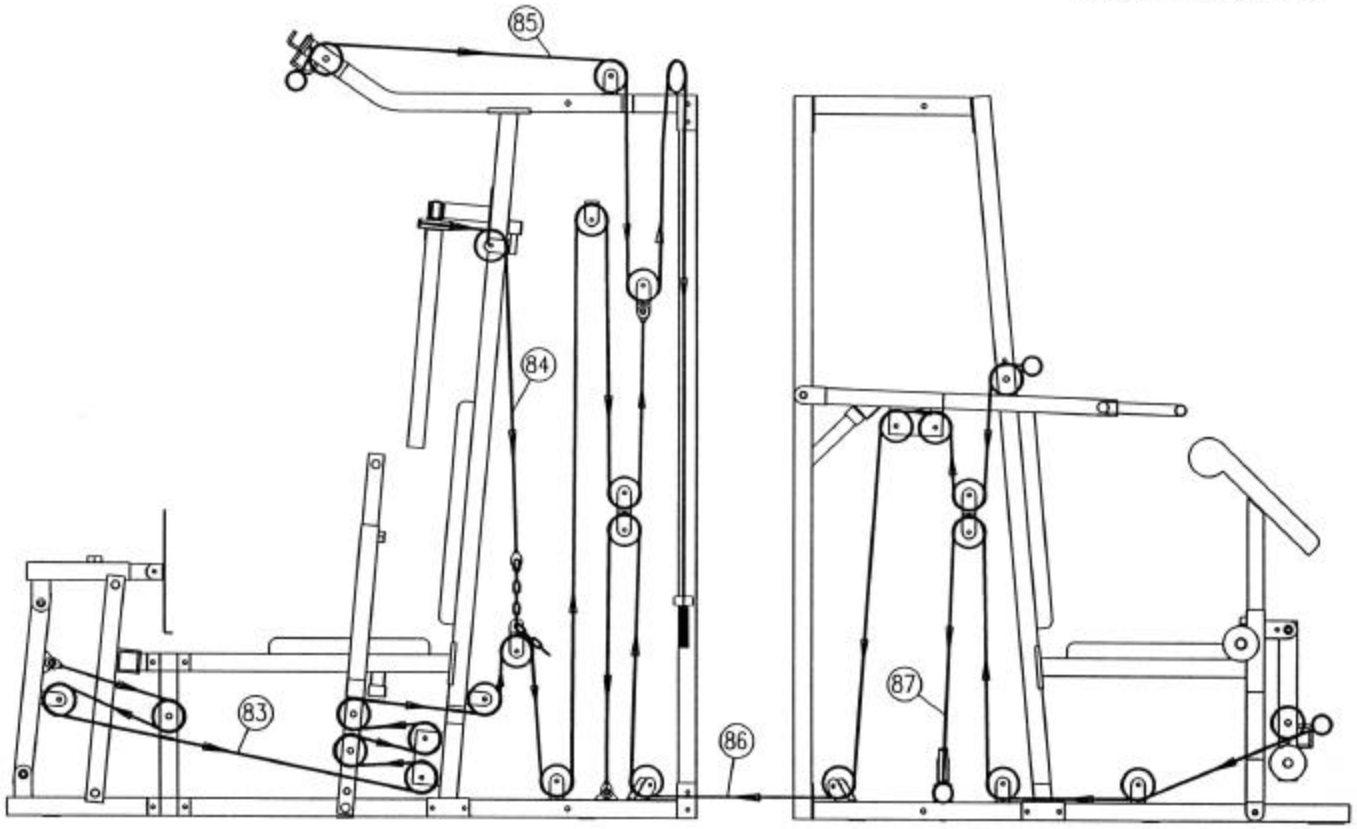


DIAGRAM 15



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Right Base Frame	1
2	Left Base Frame	1
3	Right Vertical Beam	1
4	Left Vertical Beam	1
5	Rear Vertical Beam	1
6	Right Upper Frame	1
7	Left Upper Frame	1
8	Butterfly Support Frame	1
9	Left Butterfly	1
10	Right Butterfly	1
11	Bench Press Frame	1
12	Bench Press Handle	2
13	Vertical Press Frame	1
14	Seat Support Frame	1
15	Leg Developer Frame	1
16	Vertical Support	2
17	Leg Press Crank	2
18	Leg Press Pivot Arm	1
19	Leg Press Frame	1
20	Chromed Adjustment Tube	1
21	Foot Plate	1
22	Arm Curl Stand	1
23	Leg Developer	1
24	Guide Rod Base	1
25	Top Socket Assembly	1
26	Swivel Frame	1
27	Single Floating Pulley Bracket	2
28	Weight Stack Cover	1
29	Butterfly Pulley Bracket	2
30	Double Floating Pulley Bracket	2
31	Guide Rod	2
32	Left Handlebar	1
33	Right Handlebar	1
34	Lat Bar	1
35	Curl Bar	1
36	Collar	1
37	Foam Roll Tube	2
38	4 ¾x 2" Bracket	3
39	4" x 2" Bracket	1
40	Seat	2
41	Backrest Board	2
42	Arm Curl Pad	1
43	Selector Rod	1
44	Selector Stem	1
45	Short Chain	2
46	Long Chain	1
47	Rubber Cushion	1
48	Connector	1
49	Selector Pin	1
50	Weight Plate	14
51	Ab Strap	1
52	Ankle Strap	1
53	Single Handle	1
54	∅1" x 5/8" Bushing	10
55	∅1" x ½Bushing	10
56	Bushing for Pulley	6
57	D-Shaped Bushing	8
58	Pulley	31
59	∅1 ½Washer	3
60	Grip	8
61	∅1 1/8" Bushing	2
62	Quick Release Pin	4
63	Rubber Bumper	2
64	Rubber Bumper for Leg Developer	1
65	Foam Grip	2
66	Foam Roll	4
67	Butterfly Roam	2
68	1 ½Square Sleeve	2
69	2" Square End Cap	2
70	1 ¾Square End Cap	9
71	2" Square End Cap	11
72	1 ¾Square End Cap	2
73	2" x 1" End Cap	6
74	2" Round End Cap	4
75	1 ¼" Round End Cap	2
76	3 1/8" x 1 9/16" End Cap	2
77	2" Square Sleeve	4
78	∅7/8" Washer	1
79	Rubber Ball	1
80	Ring Cap	1
81	M12 x 3 ¾Axle	1
82	M10 x 8 5/8" Axle	1
83	Leg Press Cable (327 ½)	1
84	Butterfly Cable (86")	1
85	Upper Cable (132")	1
86	Ab Cable (158")	1
87	Leg Curl Cable (102")	1
88	Clip	3
89	M10 x 3" Carriage Bolt	4
90	M10 x 2 ¾Carriage Bolt	18
91	M12 x 3 1/8' Hex Head Bolt	3
92	M10 x 1 3/4" Hex Head Bolt	23
93	M12 x 4 5/16" Bolt	2
94	M12 x 5 11/16" Bolt	2
95	M10 x 8 ½Axle	1
96	M10 x 5" Allen Bolt	1
97	M10 x 2 ½Allen Bolt	10
98	M10 x 1 ¾Allen Bolt	2
99	M10 x 1" Allen Bolt	5
100	M10 x ½Allen Bolt	6
101	M8 x 2 ½Allen Bolt	8
102	M8 x 5/8" Allen Bolt	2
103	M6 x 5/8" Allen Bolt	3
104	∅ 1 ¼" Washer	4
105	∅ 1" Washer	12
106	∅ ¾Washer	96
107	∅ 5/8" Washer	14
108	Round Cap	6
109	M12 Aircraft Nut	11
110	M10 Aircraft Nut	61
111	∅ 1 ½Bushing	8
112	L-shaped Pin	2
113	Butterfly Pulley Support	1
114	∅ 1 ½Ring	1

CR4 WEIGHT RESISTANCE CHART

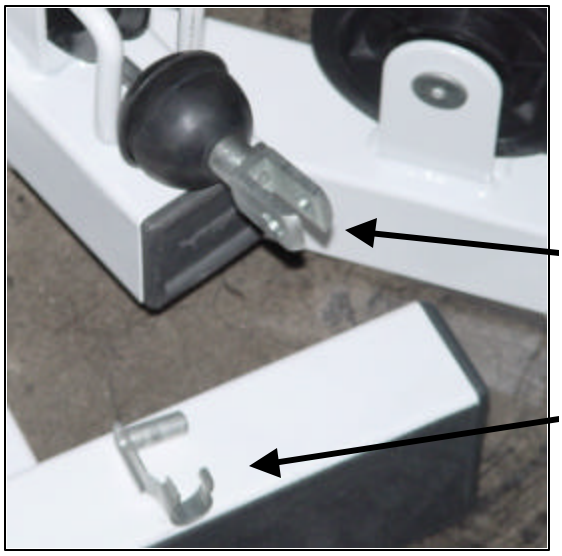
	Weight Plate														
	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Bench Press	20	40	60	80	100	120	140	160	180	200	220	240	260	280	300
Leg Developer	20	40	60	80	100	120	140	160	180	200	220	240	260	280	300
Lat Pull	0	10	20	30	40	50	60	70	80	90	100	110	120	130	140
Low Pulley	20	40	60	80	100	120	140	160	180	200	220	240	260	280	300
Arm Curl	20	40	60	80	100	120	140	160	180	200	220	240	260	280	300
Butterfly	5	10	20	30	40	50	60	70	80	90	100	110	120	130	140
Ab Pulley	10	30	50	70	90	110	130	150	170	190	210	230	250	270	290
Vertical Press	28	40	52	64	76	88	100	112	124	136	148	160	172	184	196
Leg Press	40	70	100	130	160	190	220	250	280	310	340	370	400	430	460

***Numbers are approximate. Actual weight may vary.**

***Value for butterfly is for each arm.**

HOW TO USE

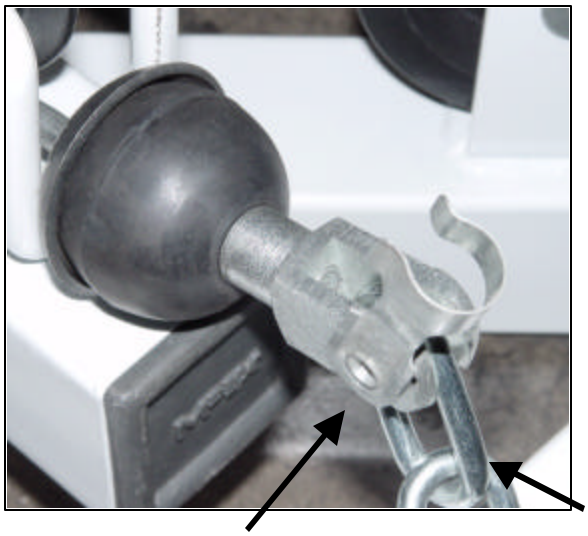
How to use the quick release connector.



The Clip is removed from the Connector.

Connector

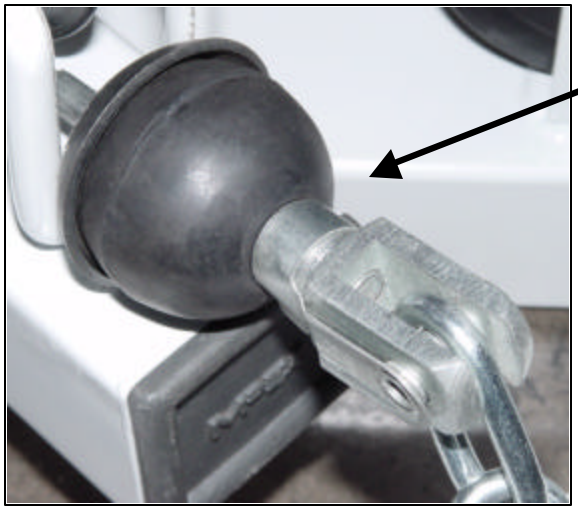
Clip



Place the chain in between the connector and insert the Clip through the holes.

Chain

Insert



Push down the Clip to secure.

IMPEX INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state.

IMPEX INC.
14777 Don Julian
City of Industry, CA 91746

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

www.impex-fitness.com
info@impex-fitness.com

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase